Daily diary

Date _____

Have you had a good day? ☐ Yes ☐ No

Write down the amount of times you needed help to:

For example: [3] get out of bed

- ☐ get out of bed
- ☐ go to the toilet (or help if you're incontinent)
- ☐ wash
- ☐ dress and undress
- ☐ move around indoors
- ☐ get up after falling or stumbling
- ☐ cut up food, or eat or drink
- ☐ take medicine
- ☐ communicate with others
- ☐ do hobbies or socialise
- ☐ get into bed
- ☐ settle into sleep
- ☐ turn in bed

During the day

During the night

© Citizens Advice 2016 v1 7/2016